

Harvest of SUMMER SQUASI

RECIPE: SUMMER SQUASH CASSEROLE

INGREDIENTS

1/2 lb diced summer squash 1/4 cup chopped onions

1 Tbsp olive oil

1/2 tsp salt

1/2 lb cream of chicken soup

1/4 lb sour cream

3 Tbsp melted butter

1/3 cup whole wheat bread crumbs

1/4 cup shredded mozzarella or cheddar cheese

- 1. Saute squash and onions together until tender. Drain any excess liquid. 2. Add other ingredients except bread crumbs. Spread into small
- casserole dish.
- 3. Crush bread crumbs and mix melted butter, then put on top of casserole. (May mix a few bread crumbs into mixture to reduce liquids)
- 4. Bake at 350° F for 30 minutes or until top is lightly browned and bubbling.

Adapted from: Burke County School Nutrition & Healthy School Recipes

MEAL PATTERN CONTRIBUTION

1/4 cup other vegetable

YIELD: 5 - 1/2 cup SERVINGS

RECIPE: CALABACITAS CON ELOTE (ZUCCHINI WITH CORN)

INGREDIENTS

1 Tbsp olive oil 4 cloves chopped fresh garlic

1 cup corn kernels (fresh if in season, or frozen and thawed)

1 cup red bell pepper cut into strips

1 cup diced summer squash

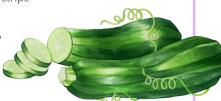
1 cup diced fresh tomatoes

1/4 cup chopped fresh cilantro

2 tsp Italian seasoning

1/2 tsp salt

1/4 cups vegetable broth



YIELD: 5 - 1/2 cup SERVINGS

PREPARATION

1. Heat oil in a sauté pan or tilt skillet.

- 2. Add chopped garlic, just until lightly browned and fragrant.
- 3. Add corn and sauté until it begins to brown. Add green peppers and zucchini, stirring constantly until zucchini is fork tender.
- 4. Add tomato and cilantro.
- 5. Add Italian seasoning, salt, and vegetable broth, and bring to a simmer.
- 6. Serve hot or cold.

Adapted from: CIA Healthy Kids Collaborative & Healthy School Recipes

MEAL PATTERN CONTRIBUTION

1/2 cup vegetable

YIELD: 5 - 1/2 cup SERVINGS

RECIPE: RAINBOW PASTA SALAD

INGREDIENTS

2 Tbsp olive oil 2 Tbsp lemon juice 1/2 tsp sugar 1 minced garlic clove 1/2 tsp salt

1/8 tsp fennel seeds Pinch ground coriander 1/2 tsp chopped fresh oregano 1/2 tsp chopped fresh thyme Pinch ground black pepper

2 cups cauliflower, cut into bite sized florets

1 1/4 cups sliced carrots

1 2/3 cups zucchini, or summer squash

2 1/8 cups whole grain rich rainbow rotini pasta

PREPARATION

- 1. Combine the olive oil, lemon juice, sugar, garlic, salt, fennel seeds, coriander, oregano, thyme, and pepper in a pot Boil for 5 minutes.
- 2. Add the cauliflower and simmer, covered, until tender but not mushy, 8-10 minutes.
- 3. Cut the zucchini lengthwise into halves (or fourths if they are large). Slice into 1-inch lengths, straight or on the
- 4. Add the carrots and zucchini to the pot and continue to simmer, covered, until all the vegetables are cooked but still firm, about an additional 5-20 minutes, depending on power of the stove. Do not overcook; the vegetables will continue to cook as they cool in their dressing and will become mushy if overcooked.
- 5. Cool and chill the vegetables overnight in their dressing.
- 6. Cook pasta in lightly salted boiling water until tender, but still firm, 8-15 minutes, depending on method used.
- 7. Run pasta under cold water and drain well.
- 8. Toss pasta with the chilled vegetables and their dressing, adding a little water, if necessary.
- 9. Serve immediately.

Adapted from: Montana Harvest of the Month



1/2 cup vegetable 1/2 cup grain





